

# **“Lettuce” Teach You About Offer Versus Serve**



**PAUL McELWAIN  
SCHOOL AND COMMUNITY  
NUTRITION**

# **NATIONAL SCHOOL LUNCH PROGRAM OFFER VERSUS SERVE**

- **Offer Versus Serve for Enhanced-Food Based Menus is the same as under the traditional meal pattern.**
- **General Rules:**
- **Allows students to decline a certain number of food items in the meal.**
- **Reduces food waste and food costs.**
- **Must be implemented in senior high schools for lunch.**
- **Junior high, middle schools and elementary schools have the option for lunch.**

# **NATIONAL SCHOOL LUNCH PROGRAM OFFER VERSUS SERVE**

- **Under Offer Versus Serve, students are allowed to take smaller portions of the declined food items. The required food items taken by the student, however, must be a full serving.**
- **The decision to decline the allowed number of food items or to accept smaller portions of otherwise declined food items does not affect the charge for the meal.**
- **Within the minimum quantities specified in the regulations for the various age and grade groups, the menu planner establishes what constitutes a “serving”.**

# GOALS OF OFFER VERSUS SERVE

- Minimize plate waste



- Encourage more food choices



# **Offer Versus Serve**

## **Traditional and Food Based Menus**

- **All five-food items must be offered to all students.**
- **The serving sizes must equal the minimum required quantities by age or grade group.**
- **The lunch must be priced as a unit.**
- **Students have the option of which items to decline, or choose.**
- **Offer versus Serve is optional below the senior high level. Students below the senior high level may be permitted to decline one or two of the five required food items. Students must select three of the required food items in the required serving size in order to count as a reimbursable lunch meal.**

# Students must be offered all five required food items for Lunch:

- One serving each of:

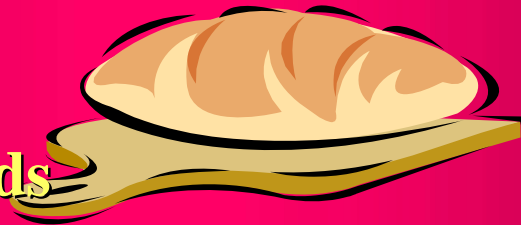
- Food Item 1 Meat/Meat Alternate



- Food Item 2 Milk



- Food Item 3 Grains/Breads



- Food Item 4 Vegetables/Fruits
- Food Item 5 Vegetables/Fruits



Two servings of different vegetables, or two servings of different fruits, or one serving of fruit and one serving of vegetable:



# Requirements for Meat/Meat Alternate



- One serving of meat or meat alternate must be served each day.
- The meat/meat alternate must be served in the main dish or in the main dish and one other menu item.
- The meat/meat alternate component may be met with a serving of lean meat, alternate protein product, poultry, fish, cheese, eggs, cooked dry beans or peas, peanut butter or other nut or seed butter, nuts and seeds or yogurt.
- Peanuts, soynuts, tree nuts, or seeds, may be used to meet no more than 50% of the requirement and must be used in combination with any of the other meat/meat alternates listed above.

# Requirements for Milk

- Schools must offer students fluid whole milk and fluid unflavored lowfat milk to meet the milk requirement. Lowfat milk is defined by the FDA as milk that contains  $\frac{1}{2}$ , 1, 1-1/2 or 2 percent fat. Skim milk is not a lowfat milk, it is considered no fat. Schools may offer other types of fluid milk such as unflavored skim, cultured buttermilk or flavored fluid milk in addition to the two required types of milk.





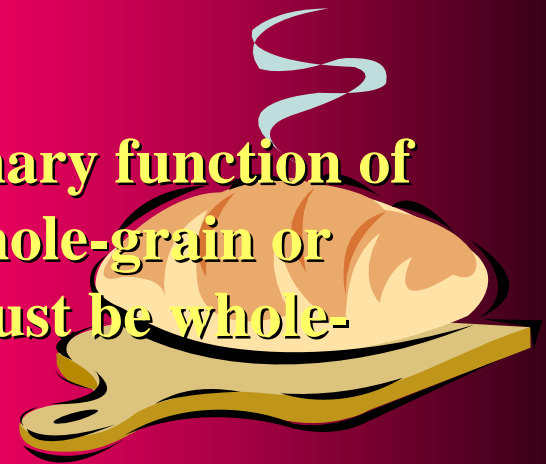
# Requirements for Bread/Grain

- One serving of bread or bread alternate must be served each day. A serving is 1 slice of enriched or whole grain bread, or an equivalent serving of biscuits, rolls, etc., or ½ cup of cooked rice, macaroni, noodles, other pasta products or cereal grains.
- A week equals five days.
- Up to one grains/breads serving per day may be a dessert. (Enhanced Food Based)
- Dessert breading does not count for Traditional Food Based Approach



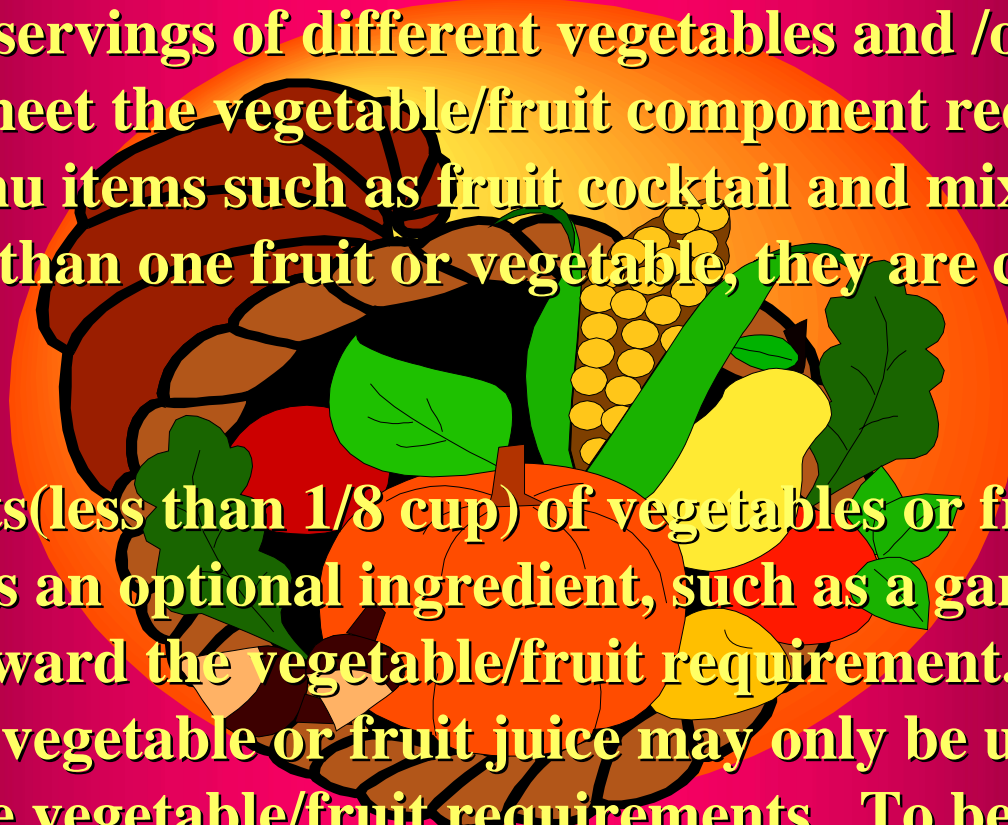
# Requirements for Bread/Grain

- **Enhanced Food-Based** a minimum of 15 bread servings per week (over a 5 day week) for grades 6-12. A minimum of 12 bread servings for grades K-5.
- **Traditional Food-Based** a minimum of 8 bread servings per week (over a 5 day week).
- The bread item must serve the customary function of bread in a meal. The item must be whole-grain or enriched or the primary ingredient must be whole-grain or enriched meal or flour.



# Requirements for Fruits and Vegetables

- Two or more servings of different vegetables and /or fruits must be served to meet the vegetable/fruit component requirement. Although menu items such as fruit cocktail and mixed vegetables contain more than one fruit or vegetable, they are considered only one serving.
- Small amounts (less than 1/8 cup) of vegetables or fruits used for flavoring or as an optional ingredient, such as a garnish, can not be counted toward the vegetable/fruit requirement. Full Strength vegetable or fruit juice may only be used to meet one-half of the vegetable/fruit requirements. To be used in meeting a part of the vegetable/fruit requirement, the product must contain a minimum of 50 percent full-strength juice.



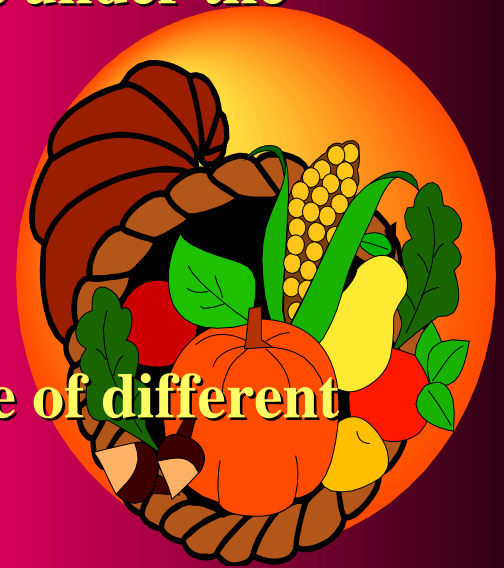
# Requirements for Fruits and Vegetables

- Large combination vegetable or fruit salads such as a chef's salad or a fruit plate with cottage cheese, are considered as two or more servings of vegetables and/or fruits and will meet the full requirement under the following conditions:

1.They must be served as an entrée

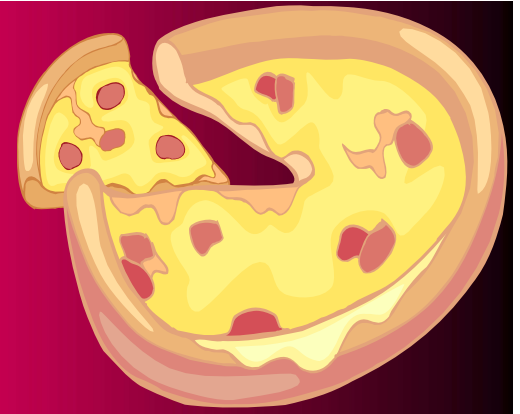
2.They must contain at least  $\frac{3}{4}$  cup or more of different vegetables and /or fruits, and

3.They must also contain the meat/meat alternate.





## Other Foods



- Some food may be served in the lunch that does not fall into any of the component groups. They are considered “other” or extra foods. Schools may choose to serve them as a means of making the meals more interesting to the students, but they do not meet the requirements of any component and do not count as part of the reimbursable meal.
- Next we will do an exercise in recognizing a reimbursable meal:

**Write in the blank below the menu as follows:  
YES, if the menu offered is a reimbursable  
lunch, or NO, if it is not reimbursable.**

**1. Menu-Offering**

**Toasted Cheese Sandwich  
Broccoli  
Apple Wedge**

**No**

**Yes or No**

**2. Menu-Offering**

**Chef Salad with Meat (2 ounces of  
meat and two different vegetables)  
Hot Roll  
Milk**

**Yes**

**Yes or No**

**3. Menu Offering**

**Hamburger on Bun  
French Fries  
Orange gelatin  
Milk**

**No**

**Yes or No**

**4. Menu Offering**

**Pizza, cheese  
Tossed Salad  
Apple  
Milk**

**Yes**

**Yes or No**

# More Menu Offerings

- Menu Offering

- Macaroni and Cheese  
Peas  
Small Red Apple  
Milk

Yes

---

Yes or No

- Menu Offering

- Peanut Butter Sandwich  
Apple  
Tossed salad  
Milk

Yes

---

Yes or No



**Assume that a complete meal was offered to every student in the required portion size, would the following meal a student selects be reimbursable? Write Yes, if it is reimbursable, and No, if it is not reimbursable.**

- Fish/Bun  
Milk**

**Yes**

**Yes or No**

- American Burger on  
Bun  
Fresh Fruit**

**Yes**

**Yes or No**

- Spicy Fries  
Coleslaw  
Milk**

**Yes**

**Yes or No**

- Potato Wedges  
Pickles  
Fresh Fruit  
Brownie**

**Yes/No**

**Yes or No**

# Student Selects

- Cheeseburger on Bun

Pickles

Milk      Yes

---

Yes or No

Italian Sub

Corn      Yes

---

Yes or No

Pizza

Corn      Yes

---

Yes or No

- Corn

Tossed Salad

Fresh Fruit

No

---

Yes or No

Barbecue on Bun

Border Beans

Yes

---

Yes or No

# Remember:

1. All five food items must be offered to all students.
2. The serving sizes must equal the minimum required quantities.
3. The lunch must be priced as a unit.
4. Students may take 3, 4, or all 5 items for the same price.
5. Students have the option of which item(s) to decline.\*

\*Students are not required to take any specific food items. For example, a school cannot tell students they must take any certain item. For instance, a teacher cannot require a child to take milk, that is the student's choice. If a child does not want three items to make it a reimbursable meal, you either must treat the selection as an a la carte sale or tell the child what choices he could take to make it a reimbursable meal. Let the child select, and only count a meal reimbursable if it meets the components.

# SCHOOL BREAKFAST PROGRAM

**A complete breakfast in the School Breakfast Program consists of**

**1. One serving of fluid milk**

**2. One serving of a vegetable or fruit or full-strength juice or vegetable juice, and**

**3-4. One of the following:**

**Two servings of bread or bread alternate**

**Or**

**Two servings of meat or meat alternate**

**Or**

**One serving of meat or meat alternate and**

**One serving of bread or bread alternate.**



## Other Breakfast Information

- **One-half pint of fluid milk must be offered to all students age 6 or older. It may be served as a beverage, on cereal, or both. Students should be offered a choice of types of milk whenever possible.**
- **Students must be offered a ½-cup serving of vegetables, fruits, or full-strength vegetable or fruit juice. More than one vegetable or fruit item may be offered, but the total quantity must equal ½ cup. However, the student must take ½ cup in order for the component to count.**
- **A double serving of the SAME meat/meat alternate will count as two food items toward the breakfast requirement. For example one large egg omelet counts as two servings since one half a large egg is one serving.**

## **Other Breakfast Information**

- **Please check the new Breads/Grains requirements on the bread servings for items. A glazed donut for example must weigh 2.2 ounces to count as one bread serving.**
- **A double serving of the SAME bread/bread alternate that counts as one serving each will count as two food items toward the breakfast requirements; for example two pancakes.**
- **It is important to remember that while a double serving of the bread/bread alternate or meat/meat alternate will count as two food items, a second serving of vegetable/fruit or milk may not be counted toward the breakfast requirement.**

# School Breakfast Program

- **Local school food authorities have the option to implement the offer versus serve provision in the School Breakfast Program. Under offer versus serve in breakfast, students may be allowed to decline one item that they do not intend to consume. The decision as to which food item to decline rests solely with the student. To qualify as a reimbursable breakfast under the provisions of offer versus serve, the following conditions must be met:**
  - 1.All four food items must be offered to all student,**
  - 2.The serving sizes must equal the minimum quantities required,**
  - 3.The breakfast must be priced as a unit and students may take 3 or 4 items for the same price, and**
  - 4. Students have the option of which item to decline.**



**Thank you for  
Attending this Class**

**&**

**Have a Wonderful  
Day**

